



From the #1 Pharmacist Recommended Mood Health Supplement Brand*, Nature Made® SAM-e helps support a healthy mood.†
When your emotions are healthy & balanced, you feel like yourself. However, sometimes emotions can get out of balance, causing you to feel moody.

This imbalance can be associated with low levels of SAM-e (S-adenosylmethionine), a naturally occurring molecule produced by the body. SAM-e levels can run low due to various factors such as diet and aging.



Replenish your SAM-e levels and feel the difference in as little as 7–14 days when taken daily.†



Helps support joint comfort†
Nature Made SAM-e also helps support joint comfort, which may naturally deteriorate with physical activity and age.† SAM-e provides a source of sulfur, which is a critical component of joint tissue.†

★Nature Made SAM-e Complete is the #1 Pharmacist Recommended Mood Health supplement based on the U.S. News & World Report - Pharmacy Times Survey.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

- ✓ No Artificial Flavors
- ✓ No Preservatives
- ✓ Gluten Free

SAM-e is a moisture sensitive product. That is why at Nature Made, we use foil blister packaging to ensure that each tablet of our SAM-e Complete† is fresh and safe when you take it.

Foil blister pack ensures safety and freshness. Do not use if tamper evident printed foil seal over tablets is broken.

Store in a cool, dry place, out of reach of children.

100% MONEY BACK GUARANTEE

For details visit NatureMade.com/guarantee

♦Complete because studies have shown that SAM-e helps support a healthy mood & joint comfort.†

†Provides SAM-e which is produced and used by the body.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Nature Made®

#1 PHARMACIST RECOMMENDED VITAMIN & SUPPLEMENT BRAND

Nature Made®

**SAM-e
Complete®
400 mg**

CLINICALLY STUDIED

Naturally† supports a healthy mood and emotional well being†

Helps support a healthy mood in as little as 7-14 days when taken daily†

Helps support joint comfort†

**Dietary Supplement
36 ENTERIC COATED TABLETS**

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Lot :
Exp.:

List No: 1107ZS P600
Cat: A852 1A147



0 31604 41107 7

SUGGESTED USE: Adults, start by taking 1 tablet daily with water on an empty stomach. If benefits are not achieved within two weeks, you may require a higher level of supplementation. To determine the proper level for you, gradually increase the number of tablets (maximum 1600 mg/day) until benefits are achieved.

CAUTION: People with bipolar (manic) depression or who are experiencing severe issues with mood, including thoughts of suicide, should not take any product containing SAM-e except under a physician's supervision. If you are pregnant, nursing, or taking any medications including antidepressants, consult your physician before use.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet

Protein less than 1 g

SAM-e (S-adenosylmethionine) 400 mg *

* Daily Value not established.

INGREDIENTS: S-adenosylmethionine Tosylate Disulfate, Cellulose Gel, Methacrylic Acid Copolymer, Stearic Acid, Silicon Dioxide, Triethyl Citrate, Magnesium Stearate, Color Added, Mannitol, Sodium Starch Glycolate.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

Tableted and quality tested in the USA.
Made to our guaranteed purity and potency standards.